

THIS WEEK IN CAREGIVING



June 29, 2021



CAREGIVING IN THE NEWS

National Alliance for Caregiving submits testimony to Congress for Appropriations in Fiscal Year 2022

As we move into the next phase of the pandemic and recovery, NAC submitted funding requests for FY 2022 in an effort to ensure programs supporting family caregivers will again emerge as a priority. The needs of caregivers in states and across the nation, including mid-career Americans who are juggling children and aging parents, have only become more pronounced. Many have left the workforce altogether because they needed more support. In the wake of emergency investments that responded to a historic increase in the needs of older adults and caregivers during the pandemic, federal investments cannot simply return to normal.

NAC urged congressional appropriators to consider the following appropriations requests which fall under the Administration for Community Living (ACL) and the Administration on Aging (AoA):

- \$334,000,000 - Older Americans Act Title III E, National Family Caregiver Support Program (NFSCP), including \$400,000 for the Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Council
- \$21,600,000 - Older Americans Act Title VI, Native American Caregiver Support Services
- \$14,200,000 - Lifespan Respite Care Program
- \$5,000,000 - Care Corps Community Care Corps Grants
- \$35,000,000 Alzheimer's Disease Program Initiatives (ADPI):

In addition, we asked that Congress provide \$20,000,000 for the BOLD Infrastructure for Alzheimer's Act initiatives under the Centers for Disease Control and Prevention. These funding requests align with those of national coalitions of which NAC is a member, including the Leadership Council of Aging Organizations (LCAO), Leaders Engaged in Alzheimer's Disease (LEAD), and the Eldercare Workforce Alliance (EWA).

June 24, 2021

[Read the Testimony](#)



**Unpaid Caregivers Were
Already Struggling. It's Only**

**When Family Caregivers Feel
Used — and Angry About It**

Gotten Worse During The Pandemic

The pandemic has taken a massive toll on people's mental health. But a new report by the U.S. Centers for Disease Control and Prevention confirms what many of us are seeing and feeling in our own lives: The impact has been particularly devastating for parents and unpaid caregivers of adults.

Two-thirds of survey respondents who identified as unpaid caregivers said they experienced mental health challenges during the pandemic, such as symptoms of anxiety or depression, or suicidal thoughts.

Only one-third of people with no caregiving responsibilities reported the same symptoms. Of the more than 10,000 survey respondents, more than 40% identified as being unpaid caregivers.

From: NPR | June 17, 2021

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No one told 54-year-old Carol she'd be the caregiver for her mother, Kathleen, who was declining from arthritis and Parkinson's disease. It was as if her relatives had voted her into the job at some mysterious family meeting to which she hadn't been invited. Carol felt the unspoken expectations of her three older sisters, aunts and Kathleen herself to drive her to medical appointments, make her meals and keep her company.

At first, she felt mostly proud and special playing this role. But as Kathleen needed more assistance over time, including help with grooming and toileting, Carol began to feel burdened. It was true, as her sisters sometimes reminded her, that she didn't have her own spouse and children to take care of. But she had a demanding job and close friends with whom she wanted to spend time.

From: AARP | June 8, 2021

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EVENTS & OPPORTUNITIES

UPCOMING EVENTS

Pride of Care Series for LGBTQ Caregivers

June, 2021 | Every Thursday at 11 AM EST | Online

WellMed is hosting a series of hour long virtual sessions focusing on LGBTQ caregivers. The series, *Pride of Care*, will take place every Thursday in June 2021 at 11 AM EST on Zoom.

Click the red link below to learn more and click [HERE](#) to register.

[REGISTER](#)
>

We Can Do This Covid-19 Vaccine Toolkit Webinars

June 15 - July 8, 2021 | Online

The HHS We Can Do This campaign is a national initiative working hand in hand with trusted leaders and community organizations to continue to build confidence in COVID-19 vaccines and get more people vaccinated. This campaign offers tailored resources and toolkits for stakeholders to use to provide COVID-19 vaccine information to at-risk populations.

The Centers for Medicare & Medicaid Services (CMS) is partnering with the campaign to offer several webinars to walk through each toolkit and its resources and train community organizations, local voices and trusted leaders to use the campaign tools for vaccine outreach efforts to diverse communities.

This week's webinars are:

- Tuesday, June 29, 1:00-1:30 PM EST: Faith-Based Toolkit | [REGISTER HERE](#)
- Thursday, July 1, 1:00-2:00 PM EST: Racial and Ethnic Minorities Toolkit | [REGISTER HERE](#)

PHCOE-DC Webinar: Public Health Considerations and Models for Cultural Adaptations in Dementia Caregiving

June 30, 2021 | 12:30 - 1:30 PM EST | Online

The BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC) and UsAgainstAlzheimer's Center for Brain Health Equity are holding a **webinar** on June 30, "Public Health Considerations and Models for Cultural Adaptations in Dementia Caregiving."

Culture is essential in shaping our individual experiences and health. Yet surprisingly little attention has been paid to the interplay between culture and dementia caregiving. Dementia supports and services are not adequately tailored to meet the cultural needs of older adults and their caregivers, despite the projected rise in the diversity of caregivers in the U.S.

Click [HERE](#) to register.

Rare Disease Week

July 14-22, 2021 | Online

EveryLife Foundation is hosting Rare Disease Week on Capitol Hill, a week for rare disease members from across the country to come together, meet other advocates, be educated on federal legislative issues and to share their stories with legislators.

Click the red link below to learn more and click [HERE](#) to register.



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Powerful Tools for Caregivers: Virtual Edition

July 14 - August 25, 2021 | 6 PM EST | Online

The six-week Powerful Tools for Caregivers Program helps people who are caring for an

aging loved one. This could be a parent, grandparent, spouse, sibling, neighbor or friend. This virtual, interactive workshop will help caregivers learn techniques to help them take care of themselves while taking care of a loved one, manage stress and understand the complex emotions that often come with caregiving.

The class will help you:

- Find resources
- Learn relaxation techniques
- Manage emotions, including depression, guilt and resentment
- Find confidence in dealing with the demands of caregiving

Click the red link below to learn more and register by calling (833) 262-2200 or email wellnessprograms@aaa1b.org.

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Understanding Social Isolation and its Impact on Older Adults and Those Living with Disabilities

July 28, 2021 | 2 PM EST | Online

Strong social connections are central to our physical and mental well-being. But when vulnerable older adults experience setbacks or life transitions, they may become disconnected and isolated. Through research, we know that the negative health consequences of social isolation include impaired mental performance, a compromised immune system, and a heightened risk of chronic disease, as well as depression. The health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day. This webinar presentation and discussion hosted by the National Council on Aging is designed to help practitioners across sectors – as well as individuals and caregivers – better understand the similarities and important differences between loneliness and social isolation and the impact on health and well-being of older adults.

Click the red link below to learn more and click [HERE](#) to register.

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CALL FOR SUBMISSIONS

Share Your LGBTQ Caregiving Story

Deadline: June 30, 2021

Caregiving.com is collecting the stories and experiences of LGBTQ caregivers to highlight the important contributions those who are lesbian, gay, bisexual, transgender, queer and questioning have made throughout history. The information gathered will be used to create content for Pride Month and beyond to elevate the stories of LGBTQ caregivers.



Click the red link below to learn more and to share your story.

SHARE



PATIENT AND CAREGIVER STUDIES

AHEAD Study

Join a trial that aims to help prevent Alzheimer's disease, funded by the National Institutes of Health (NIH) and Eisai Inc., which is testing an investigational treatment aimed at delaying memory loss before noticeable signs of Alzheimer's disease begin.



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LEAF: Life Enhancing Activities for Family Caregivers



Researchers at UCSF and Northwestern University are testing a program for family caregivers of people with Alzheimer's Disease designed to increase levels of positive emotion, which in turn can help lower stress and support ways of coping with the stresses of caregiving.

Click the red link below to learn more and click [HERE](#) to take the pre-screening survey.

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Veteran User Experience Research Study

Are you a Veteran? Active duty or Reserves? A caregiver? A family member? The Department of Veterans Affairs wants to make it easier for you to explore, apply for, manage, and track your VA benefits. Teams at the VA want to hear your feedback about improvements they are making to VA websites, mobile applications, and other digital tools -- to ensure that these services are usable and relevant for you.

Click the red link below to learn more and click [HERE](#) to register.

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IN CASE YOU MISSED IT...

Caregivers Count: Policy Solutions and Community Resources to Support Family Caregivers

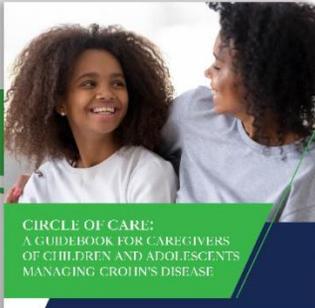


NPAF's Caregivers Count campaign honors the diverse experiences of caregivers and empowers them to recognize themselves as an essential part of our health care system. Because many people don't recognize themselves as "caregivers," they overlook essential support services that may ease their caregiver experience.



RESEARCH & RESOURCES

NEW Centralized Guidebook for Caregivers of Children and Adolescents with Crohn's Disease



JUST RELEASED!

CIRCLE OF CARE:
A GUIDEBOOK FOR CAREGIVERS
OF CHILDREN AND ADOLESCENTS
MANAGING CROHN'S DISEASE

DOWNLOAD NOW






The National Alliance for Caregiving is proud to present a *Circle of Care Guidebook for Caregivers of Children and Adolescents Managing Crohn's Disease*, a new resource designed to help caregivers navigate their journey caring for a child or adolescent with Crohn's disease. The centralized guidebook offers effective information and tools that have helped other caregivers in similar situations. If you or someone you know cares for a child or adolescent living with Crohn's disease, make sure to check out the guidebook at www.caregiving.org/guidebooks.

You'll learn about:

- Everyday tips on caring for a child or adolescent with Crohn's disease;
- Understanding Crohn's disease from a medical perspective;
- Information on treatment and care coordination;
- Understanding the cost of care and access;
- Empowering your child to manage their Crohn's disease; and
- Caring for yourself and your family.

There is also a section with a comprehensive list of other online and print resources for

caregivers, the child living with Crohn's disease, and his or her family that are referenced throughout the guidebook.

Visit www.caregiving.org/guidebooks to learn more and access important resources.

The guidebook was developed with support from
The Leona M. and Harry B. Helmsley Charitable Trust.

[SEE MORE](#)



The John A. Hartford Foundation's Dissemination Center

Employers play a vital societal role by providing employment, work experience, employee benefits, and the ability for workers to save and invest for a secure retirement. This report examines the pandemic's impact on employers across company, their response, and timely opportunities. A strong employee benefits package, including retirement benefits, health insurance, workplace wellness programs, and caregiver support, can create a win-win situation for employers and their employees. Especially now, as our nation is emerging from the pandemic, employers need support from policymakers to continue paving the way for their recovery and to make it as easy as possible to enhance their business practices and expand their benefits offerings.

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Navigating the Pandemic: A Survey of U.S. Employers

Employers play a vital societal role by providing employment, work experience, employee benefits, and the ability for workers to save and invest for a secure retirement. This report examines the pandemic's impact on employers across company, their response, and timely opportunities. A strong employee benefits package, including retirement benefits, health insurance, workplace wellness programs, and caregiver support, can create a win-win situation for employers and their employees. Especially now, as our nation is emerging from the pandemic, employers need support from policymakers to continue paving the way for their recovery and to make it as easy as possible to enhance their business practices and expand their benefits offerings.

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The Legacy Interviews

The American Society on Aging has released a 12-week webcast series that will feature interviews with diverse legendary pathfinders who have spent decades in the field of aging, health and social services. Each interview will be conducted by Ken Dychtwald, to capture the wisdom and character of gerontology's pioneers to inform, inspire and guide current and future professionals in the fields of aging and related services for years to come.

[REGISTER NOW TO WATCH THE WEBCASTS](#)



Can We Talk About Caregiving? Tips to Support Family

Caregivers



Caregivers are an essential part of our healthcare system. Many people, though, don't see themselves as a "caregiver" and, as a result, don't realize the critical role that they play. Here are five tips to help caregivers recognize their role, learn about the resources that can support their specific needs and feel more prepared for the challenges of caregiving.

[SEE MORE](#)



Brain Guide By UsAgainstAlzheimer's



[UsAgainstAlzheimer's](#) has released a new resource for you and your family's brain health. It's never too late to take action on brain health. **BrainGuide** is a first-of-its-kind platform that empowers people with knowledge and resources to take the best next steps in managing their own or a loved one's brain health.

The BrainGuide memory questionnaire does not provide a diagnosis, but it can help guide you toward information and resources that inform the next best steps you or a loved one can take. No information is recorded or shared with anyone other than the person completing the questionnaire. The BrainGuide memory questionnaire can be completed as a self-administered questionnaire or filled out by a caregiver or someone close to you. Questionnaires are not recorded or shared with anyone other than the individual completing the questionnaire.

Click the red link below to take the memory questionnaire.

[TAKE THE QUESTIONNAIRE](#)



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